

Determining the Grain/Bread Servings in a Recipe

Version #2 • Quantity Recipes

1. List the recipe's *number of servings* in **A** and *serving size* in **B**.
2. **Column #1:** List the recipe's *flour ingredients* in Section I and *cereal ingredients* in Section II.
3. **Column #2:** List the *quantity in pounds* of each ingredient, as specified in the recipe. Divide ounces by 16 to get the decimal equivalent, e.g., 1 lb. 7 oz. equals 1.44 pounds (7 divided by 16 equals .44).
4. **Column #3:** Convert pounds to grams – multiply pounds by 454. (*There are 454 grams per pound.)
5. **Column #4:** Divide the grams from column #3 by the conversion factor (14.75 or 25) indicated to determine the *grain/bread contribution* from each ingredient.
6. Add all *flour ingredients* to get the Total Flours in **C**.
7. Add all *cereal ingredients* to get the Total Cereals in **D**.
8. Add **C** and **D** together to get *Total Flours and Cereals Servings* in **E**.
9. Divide *Total Flours and Cereals Servings (E)* by the *Number of Servings (A)* to get the *grain/bread contribution per serving of the recipe (F)*. Round this number down to the nearest $\frac{1}{4}$ of a serving.

Name of Recipe:		A Number of Servings	B Serving Size:
Column #1	Column #2	Column #3	Column #4
Grain Ingredients in Recipe	Quantity (in pounds)	Convert Pounds (lb) to Grams (g)*	Determine Grain/Bread Contribution
Section I: Flours (including whole-grain or enriched flour, bran and germ)			
		x 454 = g	÷ 14.75 = svg
		x 454 = g	÷ 14.75 = svg
		x 454 = g	÷ 14.75 = svg
C			Total Flours: svg
Section II: Cereals (including oats, barley, corn meal or grits, bulgur or cracked wheat)			
		x 454 = g	÷ 25 = svg
		x 454 = g	÷ 25 = svg
		x 454 = g	÷ 25 = svg
D			Total Cereals: svg
E			Total Flours and Cereals (C + D): svg
E	÷ A	= F Round down F to nearest $\frac{1}{4}$.	
Total Flours and Cereals	Number of Servings	Grains/Breads Per Serving of Recipe svg	

One Serving of the Recipe (from B): _____

Provides the following servings of grain/breads (from F): _____

***NOTE:** To count as a serving of grain/bread, a minimum of $\frac{1}{2}$ serving must be provided for ages 3-5 and a minimum of 1 serving for ages 6-18.